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CONNECTING SOUTHERN ARIZONA



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**HAPPY
THANKSGIVING**



"Celebrate Responsibly"

"Be present in all things and thankful for all things."-Maya Angelou



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Border Eco Updates

We would like to thank our readers and customers for their continued support. It is your support that enables us to provide you with information about the people, events, and organizations that make a difference in our community.

The goal of our organization is to help connect Santa Cruz County. Santa Cruz County is a unique bordertown brimming with culture and traditions. Our mission is to support our community.

Send us any information about upcoming community events, meetings, or conferences. Don't forget to follow us on Facebook, YouTube or Twitter for the latest events, people, and organizations who make a difference in Santa Cruz County.

We are always looking for new talent. If you have an interest in sales, journalism, and photography send us your resume at contact@bordereco.com



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SPECIAL ANNOUNCEMENT

Border Eco Magazine now offers digital advertising. We can create a video or help you market your business through social or print media to help promote your business in Santa Cruz County.

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Please send us information on any upcoming events, meetings, or programs to share with our readers.



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Calabasas School nationally recognized for implementing best health and wellness practices

Calabasas School in the Santa Cruz Valley Unified School District No. 35 is among the 406 schools nationwide to be named as America's Healthiest Schools for the 2021-2022 school year. The recognition, awarded by Alliance for a Healthier Generation, a leading children's health organization, celebrates schools' dedication to supporting the health and well-being of students, staff, and families.

This year, schools were recognized in up to nine categories. Calabasas received recognition in the following four:

Enriching Health Education

Bolstering Physical Education & Activity

Strengthening Social-Emotional Health & Learning

Supporting School Health Services

Calabasas prioritized healthy policies and practices despite numerous challenges resulting from the ongoing COVID-19 pandemic. They have continued to sustain and promote good health by:

Creating a student-led C.A.S.H. Club. The Cougar Advocates for Student Health, is a group of students dedicated to promoting physical, emotional, and mental health. These students focus on creating more opportunities throughout the school year for all of our students to become more physically active, and support the needs of all of our students' mental and emotional well being. Some of the organized activities include book readings, crafts, contests, and physical challenges. "This club has done a great job creating opportunities for the students at Calabasas to become more active and involved in our campus community," said P.E. teacher Joseph Butler, who also serves as the school's School Health and Wellness Coordinator. "Our intramural sports tournaments have been very popular with almost 100 students on average signing up for each of our events,"

Provide ongoing training and professional development to teachers and staff on Social Emotional Learning. The teachers have incorporated best practices in order to better meet the needs of our students and families. The campus supports students' social emotional needs and has "calming spaces" for them to practice emotional regulation. These "calming spaces" are developmentally appropriate, effective, and available to all students whenever needed. In addition to calming spaces, several of our classrooms have implemented flexible seating which helps make students feel comfortable, as well as helping them take ownership of their learning environment.

"Our campus has been working hard practicing healthy routines for some time," said Calabasas Principal Bethany Patterson. "Though the pandemic made it challenging, we continued conveying health and fitness in diverse modes. Our Cougars met the challenge to implement healthy practices and we appreciate our community partners who helped make this a successful effort.

When asked what provided the impetus for her staff to do this work, Patterson stated, "Our initiative is to instill healthy habits and give a solid foundation to live a healthy and successful life for all our Cougars. This nationwide award recognition is impressive and we are thrilled to have received it."

"As we enter what is predicted to be another challenging school year, we commend the awardees for their resourcefulness and dedication to addressing the acute health and well-being needs of students, staff, and families," said Kathy Higgins, chief executive officer at Healthier Generation. "This cohort of schools exemplifies the fortitude required to serve current and future generations with empathy and care."

Healthier Generation's list of America's Healthiest Schools remains one of the country's longest-running, nationwide recognition programs honoring schools for achievements in supporting the whole health of students, teachers, and staff. Any school can connect with Healthier Generation to access trainings, resources, and technical assistance by visiting HealthierGeneration.org.

To view the complete list of awardees, visit HealthierGeneration.org/HealthiestSchools.-Shannon Enciso, Communications Specialist



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Gear Up Thrive Fest

The Gear Up Program held the 2nd Annual Thrive Fest at Pierson Field on Saturday, October 1st, 2022 from 9:00 am - 12:00 pm for all Santa Cruz County students and families. Gear Up is a college and career readiness grant program in the office of Mr. Alfredo Velásquez, Santa Cruz County School Superintendent, that offers awareness and resources for post-secondary education.

On Saturday, 45 community organizations, local businesses, non-profit groups, and school clubs set up booths to provide information and materials on mental health, higher education, law enforcement, health services, entrepreneurship, volunteer work, workforce development, arts, extra-curricular activities, and community resources.

In addition to serving free water and finitos, Gear Up volunteers organized gardening, face painting, mural painting, games and themed activities. Performances by the NHS Stunt & Cheer Team, RRHS Dance Team, and local band, Springs of Iris, rocked the Thrive Stage, and the Jesus M. Cordova Memorial Foundation sponsored a car show. There was something for everyone at Thrive Fest. Special thanks to Home Depot, Finitos, and Aguas Ricas for donating supplies and beverages.



Healthy Lifestyle Tips for the holidays

AVOID STRESS

Chronic stress can have an impact on your overall health.



EAT A VARIETY OF FOOD

Our body need more than 40 different nutrients, and no single food can supply them all.



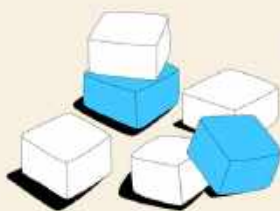
EXERCISE EVERYDAY

The key is one, make your body active every day. Your body will try to burn calories that have been deposited in the body



LESS SUGAR

Not only sugar, you also have to slowly reduce the habit of smoking and drinking alcohol.



DRINK A LOT OF WATER

60% of our body composition is water. it is important for you to ensure that your fluid needs are met every day.



ENOUGH SLEEP

Sleep forms the foundation on which a healthy mind and body are formed. If this foundation is shaken, it will certainly have an impact on your health



Let's Talk Health

American Diabetes Month **Diabetes Mellitus type 2** -What You Should Know-By: **Mary Garcia-Kumirov, MD**

We are all familiar with those diabetic medication commercials or advertisements for continuous glucose monitors that show very glamorous looking individuals enjoying life, seemingly unaffected by their disease. The reality is that diabetes is a life-changing condition that changes the way you eat, the way you live - and for some, the way you dress - especially if you elect to wear those stylish diabetic shoes that decrease your risk of foot ulcers when you have neuropathy. So, for those that think that diabetes is no big deal, think again.

It all starts with a blood test ordered by your primary care provider called an A1c or sometimes a fasting blood glucose level. This is recommended based on your age, the presence of certain conditions that put you at risk - like hypertension, if you're overweight, have a family history of diabetes, your race - especially if you are Black or Hispanic, among many other factors. Based on the results, your provider may make recommendations for how to improve your numbers to decrease your risk of what comes with having diabetes or even prediabetes, which is when your blood sugar is elevated but not quite to the level of being diabetic. That could include starting medications meant to help lower your blood sugar, and/or insulin injections - which help lower our blood sugar when our own body's insulin is not enough. Having diabetes puts you at risk for stroke, heart attack and peripheral vascular disease, as well as chronic kidney disease and blindness. Many diabetic patients, especially those who have uncontrolled diabetes, are at high risk of getting diabetic foot infections, which can lead to tissue death and possibly even amputation of a limb. Diabetic patients are also at higher risk for things like urinary tract infections, respiratory illnesses like the flu and even COVID-19, as well as complications that can come with these infections, like pneumonia, sepsis or even death.

So, knowing all of this now, what can you do to decrease your risk of diabetes and its associated complications? Well, it starts with a healthy, balanced diet low in carbohydrates and incorporating exercise into your routine for 30 minutes a day at least 5 days a week. If you are already have diabetes, then ensuring you are taking your diabetic medications and/or administering your insulin, in addition to a low carb diet and exercise, are key to controlling your blood sugar. Diabetes does not have to be a lifelong disease. With the right diet, exercise regimen and adherence to your diabetic regimen, your blood sugar can improve to the point where you can possibly discontinue your insulin and/or medications with guidance by your healthcare provider.

If you are diabetic or prediabetic and would like to learn more about how you can improve your blood sugars, Mariposa Community Health Center has several programs that can help. Talk to your provider at your next appointment or call 520-281-1550 and ask for our community health services department.



Let's Talk Health



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Santa Cruz Training Program



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A hidden treasure: Wisdom's Cafe

We at Border Eco are thrilled to present this month's hidden treasure in Santa Cruz County. Founded in 1944, Wisdom's Cafe has been serving customers ever since. It has been a part of our community for several years. This restaurant has been in the family for generations. The restaurant is located at 1931 I-19 Frontage Rd, Tumacacori, AZ 85640.

Wisdom's Cafe is known for its award-winning margaritas and traditional Mexican food mouthwatering recipes. It has kept locals and tourists coming for many years. In this family-owned restaurant, recipes have been handed down from generation to generation.

A member of the Pascua Yaqui Tribe, Herb Wisdom was raised in Tumacacori, Arizona. An alumni of Nogales High School, he is a member of the Hall of Fame. Former chief of police for the Nogales Police Department. This restaurant has been managed by him and his family for many years.

Mr. Wisdom also owns Wisdom's Sports Uniforms and Wisdom's Sports & Scholars. Irene, his wife of 60 years, lives with him in Santa Cruz County. In addition to their two sons, they have four grandchildren. Richard, his oldest son, who would have been 56, was killed in a car accident two years ago near Palo Parado.

"I've been running the restaurant with my wife for many years, but now it's run by my son and daughter-in-law. It is actually they who run the restaurant, and we only get in their way. Every now and then, we stop by for a free meal and beer."

Additionally, Herb says Clifford, 54, my second born, shares ownership with his wife Celeste of the restaurant. Their children Sasha and Griffin are my only grandchildren living here in Arizona. Griffin, my grandson, graduated from Rio Rico High School. Currently, he manages the restaurant's bar. My granddaughter, Sasha, also works at the restaurant after graduating from the University of Arizona.

Previously, this was the highway to Tucson (now known as the Old Nogales Highway). People used to travel to Nogales, Sonora Mexico for the bullfights, La Caverna, Major League Baseball, and many 4 star restaurants in downtown Nogales, Sonora before the new highway was built. We relied on this traffic to sustain us because it would attract approximately 10,000 people a week. As soon as the highway to Tucson was completed, our customer base suffered.

"Luckily when Green Valley started, it is development this helped us to bring customers from that area. We were fortunate enough to have some developers from Green Valley come to our restaurant. They asked us if would allow them to hold their meetings here. I said, absolutely, so they having their meeting here really helped our business as word of mouth helped to bring many people from Green Valley. Our restaurant is very popular in that area," said Mr. Wisdom.

Rio Rico has also grown exponentially, so we are fortunate to have people come in from there as well. We serve 80 to 100 people a day on average. During the weekend, we usually serve around 240 people. Tubac and Tumacacori provide us with many regular customers.



Follow us on YouTube @ Border Eco



A hidden treasure: Wisdom's Cafe

"Our margaritas at Wisdom's Cafe are known for their award-winning quality. COVID prevented us from holding our margarita contest last year. In the past two years, we have won the margarita contest in Arizona. It generates a lot of business for the restaurant. Fruit burritos are our specialty. It was my grandmother's recipe," said Herb.

As children, she would give us flour tortillas filled with jam or jelly. One day, it fell into cooking oil and got crispy after cooling. After tasting it, we began making them that way with apple, cherry, and peach with some ice cream, so now everyone who comes will enjoy them.

Wisdom said you should definitely order a fruit burrito with the filling of your choice for dessert! It is absolutely delicious! Served hot with vanilla ice cream, it's fried golden brown and crispy.

Wisdom's Cafe is unique in every way. A dining experience like no other, with delicious food and excellent service. A historical Mexican restaurant decorated with historical memorabilia. Discovering a hidden treasure in our community is an exciting experience.



People who "echo" Michelle Jacquez

This month Border Eco recognizes a woman who "echoes in our community." Michelle Jacquez is the Executive Assistant to the Mayor. There are many hats she wears. Her efforts to resolve community concerns have helped her push through a number of constituent needs. In keeping an open door policy for staff and constituents, she conducts herself in a manner that leads by example. No one is ever turned away.

Along with working for the City of Nogales, she has a non-profit under the Southern Arizona Autism Association where she gained knowledge and experience working with government officials. Today, she is a member of the Binational Network of Neurodiversity Disabilities with Sonora Mexico. There are over 100 members in this network, including government officials, agencies, and medical teams to name a few, who cooperate to improve the quality of life for the Disability Population and their families.

"The city of Nogales is unique, a border town with opportunities for growth. Since I was born and raised here, I have grown to love the city and see its future economic potential and safe living environment," she said.

Like in any city there is a need to keep evolving. A community that is flexible and accepts development and diversity will grow by supporting each other. I do not see a need for change however I welcome the flourishing of our community connections.

Nogales' Mayor has revitalized both sisterhood agreements that were originally established in 2011. Creating a proactive and united effort with our Nogales Sonora counterparts, we will host events for children and newly added children with disabilities, as well as for economic development, sportsmanship, and other community elements. Getting involved is about having a voice for oneself and others who need to be represented in our community on any scale. To be able to say I helped, I participated in that, or I did that for my community is satisfying. I support many local organizations through the mayor's office, and I'm pleased to be involved with all they do.

"Over the years, I have been involved in various platforms in my community. Over this period of time, I have realized that by assisting any group, individual, or cause, they are able to overcome obstacles and are positively impacted. Life-changing outcomes may result from these interventions."

I would like to thank Mayor Arturo Garino and First Lady Cathy Garino, City administrators, and Executive Assistant to the City Manager Judith Gerardo for helping me grow in knowledge of municipal and constituent matters. In the future, I plan to use and share this knowledge in my endeavors, said Executive Assistant Mrs. Jacquez.



THERE IS
always
SOMETHING
TO BE
thankful
FOR

HAPPY
Thanksgiving



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Angel Aguilar -Recorder/Voter Clerk

County Recorder

Saibet Gastelum-Senior Recorder/Voter Clerk

Monica Gutierrez-Recorder/Voter Clerk

Luis Fierro as Recorder/Voter Clerk

Alejandro Martinez-Recorder/Voter Clerk

Margaret Felix Chief Deputy Recorder

Victoria Padilla-Recorder/Voter Clerk

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Happy Thanksgiving



As Thanksgiving approaches, we would like to wish the residents of Nogales, city staff and their families a joyous and peaceful holiday. May this season bring tranquility, joy and thankfulness for the blessings we have received, and bring hopefulness and promise for our days ahead.

Have a Happy Thanksgiving!

Mayor Arturo Garino and Nogales City Council

Mayor's Corner



At the grand opening ceremony of our local Dunkin Donuts, the Mayor, Council and City Administrators were present. Together with Nogales High School's varsity football and cheerleading teams. I would like to congratulate the store on their inauguration and welcome them to our community. All the participants in this event deserve a special thanks, especially the Nogales Police Department, City Manager Edward Dickie, Deputy City Manager John Kissinger, Councilmember Saulo Bonilla, Councilmember Joe Diaz, Councilmember Tavo Gradillas, and City of Nogales staff who provided support.

Each year, Nogales Night Out brings our community together with law enforcement and first responders to prevent crime. The event is hosted by Mayor Arturo Garino and First Lady Cathy Garino. In addition to bicycles, we raffle off other items to the children in attendance. During this event, the community has an opportunity to build healthy relationships with our officers. Thanks to everyone who participated and donated to make this event a success!

With the support of the City of Nogales and Nogales Housing Authority, a building has been donated to the Los Nogales Community Center in collaboration with Chicanos por la Causa, the General Mexican Consulate Marco Moreno Baez and the General Consulate of the United States Laura Biedebach. In the beginning, this center was a vision, a dream that has now become a reality. They will begin by offering healthy living programs and citizenship workshops. Robert Thompson, Nogales Housing Director, played a critical role in bringing this project to fruition. Our congratulations go out to everyone involved with this important program that will benefit our citizens in Ambos Nogales.



Sheriff's Round-Up



Earlier this month, Santa Cruz County Sheriff's Office Search & Rescue members successfully completed a two-day, sixteen-hour training course covering policies and introducing tracking methods. Search and Rescue volunteers respond to missions, deployments, and trainings at any time. Thank you to our volunteers who sacrifice time with their families, holidays, and vacations to serve their county.

Other training this past month included the Honor Guard Academy at Maricopa County Sheriff's Office headquarters. Congratulations to our officers who successfully completed this training. Training included all aspects of Law Enforcement Honor Guard operations through classroom presentations, discussions, practical application drills and scenario-based training. Thank you, officers for representing our agency!

October is Domestic violence awareness month, and here at the Sheriff's Office we stand together with victims. DV awareness month encourages survivors to share their stories so that others will know that they are not alone. Throughout this past month, the Sheriff's Office has participated in a number of Halloween events and fall community events. We held Red Ribbon Week in our local schools. During this week, millions of young people engage in the Red Ribbon Week Campaign, which is one of the nation's oldest and largest drug prevention campaigns. Every year in October, the Red Ribbon Week campaign in the United States raises awareness about alcohol, tobacco, and other drugs. As a tribute to fallen DEA officer Enrique Camerena, it began in 1985.

As the holidays approach, we remind you to enjoy, but also to stay safe!



Happy Thanksgiving



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